

## Creamy Pumpkin Pasta

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| Yields:<br>6 servings | Prep Time:<br>6 minutes | Cook Time:<br>24 minutes | Total Time:<br>30 minutes |
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### Ingredients:

- 16 oz pasta, such as penne, cavatappi, etc.
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- Half of a medium onion, diced
- 10 cloves of garlic, minced
- ½ tsp paprika
- Pinch of kosher salt
- Big pinch of ground black pepper
- 4 tbsp all-purpose flour
- 2 cups reduced-sodium chicken broth
- 2 cups 2% milk
- 1 cup finely-shredded Pecorino Romano or parmesan
- 2 cup pumpkin puree
- 4 tbsp finely-chopped fresh sage leaves
- Grating of fresh nutmeg, optional
- Pinch of ground cayenne pepper, optional or to taste



### Instructions:

1. Prep all ingredients: dice onion, mince garlic, grate pecorino, and chop sage. Set aside for now. Place a large pot of water on the stove to boil.
2. Begin the sauce while the water is coming up to a boil. Add olive oil and butter to a large skillet set over medium-low heat. Once the butter is melted and everything is well heated, add the diced onion and cook for 5 minutes, stirring occasionally.
3. Add the minced garlic to the skillet and cook for 1 minute. Season with paprika, kosher salt, and black pepper and stir in.
4. Sprinkle flour over the onion and garlic and stir in. Cook for 2 minutes, stirring often so it doesn't stick to the bottom of the pan, then slowly whisk in the chicken broth and milk. Stir and cook as the sauce thickens until can coat the back of a wooden spoon.
5. Once the pot of water is boiling, salt it and add your pasta. Cook according to package directions, reserving a ladle or two of water at the end of cook time before draining it.
6. When the sauce has thickened turn of the heat and scatter in the grated pecorino and whisk as it melts to combine. Whisk in the pumpkin puree, chopped sage, and cayenne (if using), then add the drained pasta and toss. Add some of the reserved pasta water to thin the sauce to your liking, if desired.
7. Taste for salt and pepper. Serve with extra grated Pecorino, sage, and/or a grating of fresh nutmeg.